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1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

ACTUAL SIZE



GNC

Methyl B-12

2500 MCG

High potency, highly absorbable,
superior form of B-12*

DIETARY SUPPLEMENT
100 CAPLETS

CODE 253312

BRG

Directions: As a dietary supplement, take one caplet daily.
For maximum benefits, take as directed every day.

Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value	
Vitamin B-12 (as Methylcobalamin)	2500 mcg	41667%

Other Ingredients: Cellulose, Dicalcium Phosphate, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides.

Potency verified by GNC procedure #5246.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

No Sugar, No Artificial Colors, No Artificial Flavors, No Sodium,
No Wheat, Gluten Free, No Corn, No Soy, No Dairy, Yeast Free.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

* This statement has not been evaluated by the Food
and Drug Administration. This product is not intended
to diagnose, treat, cure, or prevent any disease.

Lot No./Best By: